

The First Coast Parkinson Disease Newsletter

Issue3

Spring 2013

This 3rd issue of *The First Coast PD Newsletter* attempts to reach as many of the people calling the First Coast area home, living with Parkinson's Disease (PD) and dealing with its effects daily. It is intended to inform people with PD, their care partners, their family and friends, or anyone else interested in PD, about local happenings, local support groups and other resources, national happenings, and what's going on in PD research. This newsletter depends solely on local input.

We are producing a limited number of hard copies of the newsletter, relying on e-mail for the majority of the distribution. Advertising is by "word-of-mouth" so please share this newsletter with anyone you think would benefit from the information. Also, if you have suggestions or are interested in helping in any capacity, please include this information when you sign up for the newsletter (on the last page).

Several exciting things happened on the First Coast this Spring. In celebration of Parkinson's Awareness Month (April) we had two successful events, *A Conversation with Experts About Parkinson's Disease* held at UNF on the 13th and a *Parkinson's Disease Awareness Fair* held at Cypress Village on the 27th. Learn more about these in the Local Activities Section.

Second is the announcement that the Davis Phinney Foundation will be hosting a *Victory Summit Symposium* in Jacksonville in January of 2014. Chris Larson with Medtronic DBS is the person who led this effort. Read about the Foundation in the National Activities Section.

Third, we have a web page available for the rest of the year to be used for all manner of information transfer. Its url is firstcoastpdinfo.org and presently is under construction but soon will have archives of past newsletters (both issues) and photos from April events.

In addition, the Mayo Clinic has restarted its support group meetings with a full slate of excellent programs. See their brochure attached to the back of this newsletter.

This issue introduces a "Required Reading" section in which volunteers will review one or more books concerning Parkinson's disease. Please read this issues reviews of *Parkinson's Treatment: 10 Secrets to a Happier Life*, by Michael S. Okun, M.D. – the most read Parkinson's disease treatment book in the world. The book is available at Amazon.com, etc. Also, please let us know if you have a book suggestion and/or would like to review a selection.

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Local Support Groups

UF Movement Disorders Center Affiliated Parkinson's Support Group Jacksonville:

Contact: Karen Perrin

phone: 904-244-9719

Meets 2nd Wednesday of the month at
UF Health Jacksonville (Shands at Jacksonville)

Tower 1, 2nd Floor, Mason Room

580 West 8th Street

Time: 11:30 - 1:30

Jacksonville Beaches Support Group:

Contact: Carol Rishel

e-mail: csrishel@gmail.com

Meets every Thursday at

Palms Presbyterian Church

Third Street and 35th Avenue

Jacksonville Beach Meeting

Time: 10:00 - 12:00

Orange Park Support Group:

Contact: Stan Harris

e-mail: dsharris@oneclay.net

Meets 3rd Saturday of the month in a
conference room of the Orange Park Branch Library

2054 Plainfield Ave.

Orange Park, FL

Time: 2:00 p.m.

Parkinson's Disease and Related Diseases Support Group at Mayo Clinic

Contact: Anne Martin

e-mail: martin.anne@mayo.edu

Phone: (904) 953-6523

Meets 1st Wednesday of the month at

Mayo Clinic

Cannaday Building, Room 1107

4500 San Pablo Road

Jacksonville, FL 32224

Time: 12:30 – 1:30p.m.

St. Marys, Georgia Support Group

Contact: Dr. Odinachi Oguh

Meets 1st Wednesday of the month at

St. Mary/Kingsland Hospital

Meeting Time: Program on Temporary Hold

St. Augustine Parkinsons Disease Support Group

Contact: Roger Geronimo PhD

(904) 386-0605 and e-mail: Tenore2@hotmail.com

Or Melanie Lomaglio at e-mail: mlomaglio@usa.edu

Meets 2nd Saturday every other month at

University of St. Augustine

1 University Blvd., Room 101

St Augustine, FL 32086

Time: 2:00 p.m.

Gainesville Support Group

Contact: Amanda Eilers

(352) 294-5434 and email: amanda.eilers@neurology.ufl.edu

Meets 3rd Thursday of the month at

UF Center for Movement Disorders and Neuroregeneration

3450 Hull Road, 4th floor

Gainesville, FL

Time: 12:30 – 2:00

Daytona Beach Support Group

Contact: Nancy Dawson

nancy.dawson@halifax.org

Meets 4th Wednesday of the month at the

Bishop Glenn Retirement Center

Time: 2:00 – 3:00

Local Activities

During April, Parkinson's Awareness Month, two events were held in Jacksonville. The first one was on April 13th and called "A Conversation with Experts about Parkinson's Disease" and was a discussion with researchers and health care professionals in a round table format. Up to 10 Parkinson's patients, caregivers and/or family members met with an expert seated at each table to discuss current findings and trends in PD research and treatment. Participants then changed to another table and discussed a different topic with a different expert for 40 minutes. This happened 3 times so that each Parkinson's guest was a part of three different discussions. The meeting ended with a casual lunch for continued conversation between participants and experts. Evaluation forms were highly complementary and later calls and e-mails were extremely positive.

The success of this program is due to the quality and commitment of the experts who freely gave of their time and expertise to participate in the program. Listed by table:

- (1) Owen Ross, Ph.D., Associate professor of Neuroscience, Mayo Clinic
- (2) Zbigniew K. Wszolek, M.D., Professor of Neurology, Mayo Clinic
- (3) Odinachi Oguh, M.D., Assistant Professor of Neurology, Shands Jacksonville
- (4) Zhigao Huang, M.D., Ph.D., Neurologist, Baptist Hospital
- (5) Dawn Saracino, D.P.T. Instructor, University of North Florida
- (6) Karen Perrin, RN,BSN, Parkinson Coordinator, Shands Jacksonville
- (7) Alison Buckell, M.S. CCC-SLP, Brooks Rehabilitation Hospital
- (8) Angela Matthewson, RD LD CNSC, Mayo Clinic
- (9) Daryoush Tavanaiepour, M.D., Assistant Professor of Neurosurgery, Shands Jacksonville
- (10) Nikolaus McFarland, M.D., Ph.D., Assistant Professor University of Florida Department of Neurology

The event was made possible through a grant from TEVA Neuroscience obtained by Mike Coggins, Executive Sales Specialist for TEVA.

The second event was the "Parkinson's Awareness Fair" held on April 27th at Cypress Village. The Fair started with a welcome from Russell Ward, Health Care Administrator at Cypress Village followed by a presentation by Jay A. VanGerpen, M.D, Assistant Professor of Neurology at the Mayo Clinic. After the presentation, participants visited information tables with material and personnel to answer questions regarding Physical Therapy, Occupational Therapy, and Speech Therapy as well as Home Health Care and Yoga for Parkinson's Patients. Also available for one-on-one conversations were Owen Ross, Ph.D., Associate Professor of Neuroscience, Mayo Clinic; Odinachi Oguh, M.D., Assistant Professor of Neurology, Shands Jacksonville; Zhigao Huang, M.D., Ph.D., Neurologist, Baptist Hospital; and health care professionals from Innovative Senior

Care. Art works by Alice Grisham, Rosemarie Fogarty, and the late George Theophelis were on display. This function was made possible by support from TEVA and Brookdale Senior Solutions and the hard work of Innovative Senior Care health professionals: Lisa Mathers, speech therapist; Laurie Guenther-Burris, Outpatient therapy coordinator; Tanya Crowder, Occupational Therapist; Amy Purvis, Regional Director of therapy services; and Ty Morgan, Executive Director of Cypress Village.

National Activities

This newsletter will try to list national events that appear to have broad appeal. Others can be found on the home pages of major PD organizations which include:

- (1) American Parkinson Disease Association (APDA) www.apdaparkinson.org
- (2) Michael J. Fox Foundation for Parkinson's Research www.michaeljfox.org
- (3) National Parkinson Foundation (NPF) www.parkinson.org
- (4) Parkinson's Action Network (PAN) www.parkinsonsaction.org
- (5) The Parkinson Alliance www.parkinsonalliance.org
- (6) Parkinson Disease Foundation (PDF) www.pdf.org
- (7) We Move (this website will be discontinued by the end of 2013) www.wemove.org

Some examples of National Activities that may be of interest:

Moving Day in Augusta, GA on Saturday, October 19, 2013 from 9 a.m. to 1 p.m.

Contact: Parkinson Foundation Central Savannah River Area Chapter (706) 364-1662
info@parkinsoncsra.org [Register for this Event](#)

As previously mentioned, the **Davis Phinney Foundation's Victory Summit[®]** is coming to the University of North Florida's Herbert University Center in January. The Davis Phinney Foundation is a 501(c)(3) public charity committed to supporting programs and research that deliver inspiration, information and tools that will enable people living with Parkinson's to take more control in managing their disease. The Foundation operates without an endowment and relies on direct support from individuals, foundations and corporations. In 2011, the Davis Phinney Foundation put nearly \$800,000 to work to benefit Parkinson's patients, their families and caregivers throughout the United States.

The Victory Summit[®] symposia series focuses on the things people living with Parkinson's disease can do today to improve the quality of their lives – from learning about the latest research and treatment options to participating in demonstrations of yoga, speech therapy, exercise programs, and other activities. Featuring nationally recognized researchers, clinicians and physical therapists in movement disorders field, *The Victory Summit[®]* symposia deliver up-to-date information and practical tools that people with Parkinson's can use to live well today.

The Davis Phinney Foundation was founded in 2004 by Olympic medal-winner and cycling great, **Davis Phinney**, who was diagnosed with Parkinson's disease in 2000 at the age of 40. More information will be forwarded as soon as it becomes available.

Current Research

Extended-Release Drug May Provide New Treatment Option for Parkinson's

A new extended-release formulation of carbidopa-levodopa has been shown in a Phase III clinical trial to decrease “off time” in people with Parkinson's disease (PD), when compared with the standard immediate-release form of the drug. The results appear in the February 26 online edition of *The Lancet Neurology*.

Parkinson's Disease Protein Acts Like a Virus

A protein known to be a key player in the development of Parkinson's disease is able to enter and harm cells in the same way that viruses do, according to a Loyola University Chicago Stritch School of Medicine study.

The protein is called alpha-synuclein. The study shows how, once inside a neuron, alpha synuclein breaks out of lysosomes, the digestive compartments of the cell. This is similar to how a cold virus enters a cell during infection. The finding eventually could lead to the development of new therapies to delay the onset of Parkinson's disease or halt or slow its progression, researchers said. The study by virologist Edward Campbell, PhD, and colleagues, was published April 25, 2013 in the journal PLUS ONE.

Ultra Sound Surgery

The University of Virginia will soon begin a study that could help people with Parkinson's disease. Doctors will use focused sound waves to modify the brain and – they hope – eliminate or reduce tremors. The University of Virginia is one of many medical centers experimenting with the use of focused ultrasound. Doctors use sound waves to destroy unwanted tumors and other tissue they can see using magnetic resonance.

Even Failed Trials of Experimental Treatment Can Provide Valuable Information

Ceregene, Inc., a company testing the potential of a gene therapy, CERE-120 (AAV-neurturin), announced that its Phase 2b clinical trial failed to meet the end point that would have demonstrated the effectiveness of the treatment in easing the motor symptoms of Parkinson's disease. Christopher Goetz, M.D., Head of the Section of the Movement Disorders at Rush University Medical Center, Chair of the Parkinson's Disease Foundation (PDF) Medical Policy Committee and member of PDF's Scientific Advisory Board, issued the following statement:

“The negative results of this second trial of neurturin are disappointing both to the people with Parkinson's and their physicians, all who had invested their hopes in its success. However, we need to make a crucial distinction between the poor performance of this particular gene and the potential of gene therapy as a whole. This gene may have failed, but the excellent safety profile and successfully executed technical aspects of the trial suggest great potential for the testing of other genes. This area of science continues to be one of the most promising potential approaches to reaching into the cell machinery of Parkinson's disease and easing its symptoms — especially those involving movement. We now know, from this trial and others that the technique can be conducted

safely, and we understand much better than we used to, the nature of the brain targets, the delivery systems and the surgical techniques. The study, even though it failed to prove that this gene manipulation was successful, allows us to move to the next promising gene rapidly, because we have resolved a number of questions on technique and safety.”

Sometimes Nothing but Disappointment Results

Merck, the company testing the potential of an experimental treatment for Parkinson's disease, has announced that it is halting its research and further development of the drug called preladenant. According to Merck, large, late stage clinical trials, called Phase III trials, failed to show that the drug is more effective for people living with Parkinson's disease than those who took a placebo.

Preladenant is one of several similar drugs in trials for PD, which are broadly called adenosine A2A antagonists. They work like caffeine but in a specific way, by targeting the part of the brain affected by PD. Unlike other PD drugs, A2A antagonists do not affect the dopamine system. Thus, many in the Parkinson's community have hoped that these drugs may have great potential for improving PD symptoms.

Parkinson's Moments

A famous Floridian once sang ‘With all of our running and all of our cunning, if we couldn't laugh, we would all go insane’. This section helps us laugh with each other over the absurdities that are Parkinson's. After all, laughter is the best medicine (maybe even better than Sinemet).

From a retired Naval pilot diagnosed with Parkinson's about 3 years ago: “ Once per year, I usually do a "dog and pony show" of Naval Aviation, Powerpoint presentation, flight gear demos, etc. Recently, while setting up for my presentation I could sense a young man discretely studying my twitching right hand. He finally looked up from my hand with a puzzled look on his face and blurted out, "Sir, were you in the Army? I said, "No, I was a Naval Aviator, I have over 800 aircraft carrier landings, dropped tons of bombs, engaged in dogfights, shot air to ground rockets and got all the girls." Thinking I've *really* impressed this kid, he blurts out, "Whew, I'm glad because you shake too much to be in the Army...you can't aim a gun.”

Of course there are more symptoms than just tremors that identify us as PD people. And sometimes we're “on” and sometimes we're “off”. One Parkinson's patient responds to people who ask him, “How do you feel?” with “I'm okay, but I'll get over it!”

And then there's the Parkinson's “mask”. A PD person reminded the Beaches Support Group attendees to remember to smile or everybody is going to look the same. Another helpful hint in this regard, hold a pencil horizontally with your teeth.

And this one was submitted by the wife of a PD person. “We went to a bed store to look at adjustable beds, which the doctor had recommended to help with my husband's orthostatic hypotension. One of my husband's major problems is frequently falling asleep during the day. After some difficulty climbing onto the bed, he promptly fell sound asleep while I was discussing various other beds with the sales person. When it was time to go, it took a lot of time and effort to wake my husband and I joked about leaving him for the night. I told the salesman that he would have a good story to tell his other customers about how comfortable the bed was.”

Many of the weirdest things happen as a result of the medication used to treat PD, hallucinations for example. One person observed, hallucinations can be fun—at least you are not alone.

And finally, I asked my PD friend, “Have trouble driving?” He responded, “My drugs make me fall asleep when I stop at a stop light.” I asked, “Isn't that a problem?” He responded, “No, the car behind me honks, wakes me up and away I go.”

Special Topics

This section is dedicated to material written or submitted by readers and may consist of just about any topic and in any form. This issue's special topic is “Yoga for Parkinson's Disease” written by Nancy Rathburn who has had PD for 19 years and continues to practice and teach Yoga. In addition, her story appears in the **What We Are and What We Do** section.

Yoga for Parkinson's Disease By Nancy Rathburn

Parkinson's disease affects more than just the physical body. It also affects the mind and spirits. Medical experts agree that exercise is as important a treatment for this disease as medication in helping restore or maintain a quality of body movement that has been negatively affected by Parkinson's. Yoga offers the opportunity for patients to improve their flexibility, balance, posture, muscle strength and overall stability. There is also a strong emphasis on breathing, which is beneficial in so many ways. Yoga can be practiced standing, sitting in a chair or on a mat on the floor.

A typical yoga class begins with the teacher guiding the students to center themselves and become more aware of how their bodies are feeling. The class moves into gentle warm-up stretches and then to Yoga *asanas* or poses which help with strength and balance. No one is expected to twist into a human pretzel! The teacher demonstrates and then the students follow. It is informal and questions are welcome and encouraged. The class ends with most students' favorite part: *shavasana*, or guided relaxation. At the end of class, everyone feels relaxed, refreshed and calm.

We hope to be able to offer a yoga class for Parkinson's patients in the near future.

The benefits of regularly practiced yoga are well documented in the Parkinson's disease literature.

What We Are and What We Do

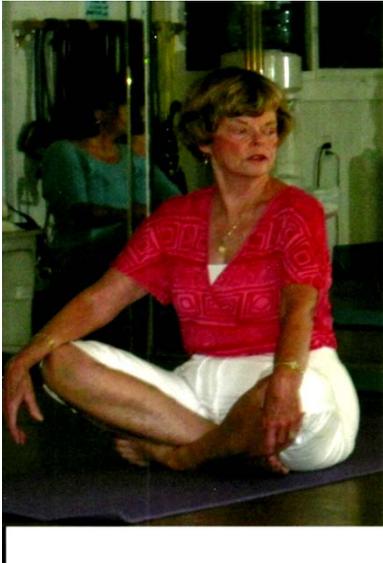
This section will highlight some of our own who are dealing with PD in a unique way. Hopefully these highlights will serve as guideposts for the rest of us as we try to navigate through the rough waters of this damnable disease. If you or someone you know has a story (and we all do), send it in for future issues of the *First Coast PD Newsletter*.

This issue highlights Nancy Rathburn, a member of the Beaches Support Group, who was diagnosed with Parkinson's disease in 1994 and has been a Yoga instructor since 1997. Nancy first fell in love with Yoga when she lived in Milwaukee, her children were in elementary school and winter days were cold and snowy. It was the 70's...the days of peace and love. Liliias Folan had a yoga class on the local PBS station and Nancy started spreading a towel on her floor and doing Yoga along with Liliias. She couldn't find a convenient class so she continued to practice at home.

In 1986, she and her family moved to upstate New York when her husband Tom was transferred by General Electric to the birthplace of GE-Schenectady New York. It turned out to be the best thing that could have happened as far as yoga was concerned. Nancy was working part time as a Family Therapist but she found a morning yoga class being less than 10 minutes from her home. The teacher was wonderful and the other students were friendly and the Yoga instruction was just what she had hoped it would be. After a class "field trip" to the Kripalu Yoga Center in the Berkshire Mountains in Massachusetts some five or six years later, Nancy made the decision to become trained to teach yoga.

In January, 1997, she drove to Lennox on a snowy day to begin her 200 hour training, which was done in week long segments over a 5 month period. She has been teaching ever since. Her special interests are yoga for special needs: in particular breast cancer (she is a survivor), movement disorders (she was diagnosed with Parkinson's disease 19 years ago), and for anxiety and depression (since she is a psychotherapist). She plans to learn more about the benefits of Yoga for Arthritis, as Tom was recently diagnosed.

The only members of her family who practice yoga are her two younger brothers, one an attorney and one an artist. Nancy currently teaches a gentle class at the Neptune Beach Senior Center every Wednesday from 10-11 a.m. and anyone willing to get down on the floor is welcome to come give it a try. She would like to do a chair Yoga class for Parkinson's Patients if she could get enough students to make a class. She can be reached at Nr82441@aol.com by the way. She got to assist Liliias Folan at a workshop at Kripalu and had the chance to thank her for introducing her to Yoga!! Here is her story:



That Annoying Disease and Me

When I think back to my introduction to Parkinson's disease, I tend to think of the adjectives used to describe the disease: "weird," "the world's most annoying disease," and "a real pain in the ass!" The disease sneaked up on me in 1994, as I was recovering from a bout with hyperthyroidism known as Graves Disease. The Graves had presented with a weight loss, shaking in my legs and hands and generally feeling "crazy." Climbing the stairs at work to my office on the second floor would cause my heart to pound and leave me exhausted. A trip to my endocrinologist and a radioactive iodine capsule took care of the thyroid and I returned to normal...almost. The problem was, when I went to my weekly Yoga class, when I sat in lotus position, the muscle in the back of my left thigh would contract and release in an ongoing manner and wouldn't stop until I straightened my legs or stood up. My legs tended to feel "rubbery" a lot of the time. Then my left thumb began to feel "odd." I also noticed that when I went to Macy's to buy perfume; I had trouble smelling the different scents. A friend of mine suggested that I see a holistic chiropractor that she had found helpful. My Yoga teacher suggested massage might be just the thing to help the contracting leg muscle. My primary doctor stated I was under a lot of stress with my private psychotherapy practice, my daughter away at college, my 2 teenage sons, my husband often away on business, and my worries about my mother, whose health was poor and who was far away in St. Louis. I opted for the chiropractor and he examined me and said, "You need to see a neurologist." January 24, 1994 I was provisionally diagnosed with Parkinson's disease and on March 22, 1994, I was officially proclaimed a Parkinson's Patient by Dr. Eric Molho, at Albany Medical College in Albany, NY.

There were tears and fears and "why me" but I did make one firm decision and have stuck to that for the past 19 years: "I am not going to let this disease defeat me. I am not Parkinson's, I have Parkinson's. I am going to continue doing what I love: Working as a psychotherapist, studying and practicing Yoga, being a wife and mother in my family. I did several alternative treatments modalities including acupuncture and auryvedic herbs in addition to the Sinemet my neurologist had prescribed. I continued to practice Yoga, and in 1996, completed 200 Kripalu Yoga teacher training in Lenox, Massachusetts. I continue to teach today. I give a lot of credit to Yoga for helping me stay physically in pretty good shape for going on 20 years with this disease.

Required Reading

This is a new section for the newsletter and there is no better book to start with than *Parkinson's Treatment: 10 Secrets to a Happier Life*, by Michael S. Okun, M.D., a book that rightly claims to be “The Most Read Parkinson's Disease Treatment Book in the World.”

We are fortunate to have two reviews of Dr. Okun's book, one by a PD patient and the other by a caregiver. Both have different but equally good things to say about the book. It is something everyone that is touched by PD should have and read often.

Book Review #1

Parkinson's Treatment: 10 Secrets to a Happier Life, by Michael S. Okun, M.D.

It's not nice to open a book review with a spoiler, so I'll call it a “secret” that I'm revealing right up front: this book is *not* full of platitudes, cheerful advice, or suggestions for ways to lower your expectations and relax into Parkinson's disease—as one might expect from a book with this title. (A welcome surprise, actually!) It's not a feel-good piece like many of its peers; rather, Dr. Michael Okun's book takes the approach that a well-informed patient is a happier patient because they know their disease and understand their options.

As a caregiver, I regularly scour pharma company literature, inspirational books, patient blogs and medical websites like a woman on a mission: If I can *just* get enough information about this disease, maybe I can discover a secret weapon to wage on the war happening inside my husband's body and mind. When I finished this book, I let out a quiet sigh. Okun, a renowned authority in the field of movement disorder neurology and co-director of the University of Florida Center for Movement Disorders & Neurorestoration, had neatly summarized each of ten treatments for Parkinson's into a highly practical yet encouraging book. I don't know if I was “happier” because of it, but I was certainly appreciative and encouraged.

Be forewarned: there are few attempts to flower-up the straightforward information in this book, yet somehow the empathy of Dr. Okun shines through. The book is written with a good dose of medical pragmatism and is not cute, charming or full of heartwarming anecdotes. Instead, the prologue opens with a sobering factoid about the number of people with PD today, and the silent pandemic (his word) approaching as our aging worldwide population swells—underscoring why there is medical and societal urgency behind understanding this disease.

Each chapter addresses one of ten essential aspects of navigating life with Parkinson's disease, and offers current, common sense perspectives on how to approach it. Examples include: knowing the signature characteristics of Parkinson's (i.e., differentiating its symptoms from Alzheimer's and ALS, which are commonly confused and equally feared); appreciating the importance of timing (daily medicines, sleep, meals and more); being prepared for hospitalization (helping staff and coordinating physicians attend to the unique needs of PD patients); and being aggressive about treating depression—which, as I learned in this book, has evidence of being a primary symptom of

Parkinson's disease due to brain chemical deficiencies, not simply an emotional reaction to having the disease.

Two chapters are noteworthy for their comprehensive descriptions of alternative therapies and emerging treatments, including one on deep brain stimulation. These chapters alone are worth the low \$5.99 price of the e-book on Kindle® (under \$10 in paperback, available in 20 languages). Written largely in layman's language, these chapters explore a variety of current research and offer solid hope for treatments and cures in the perhaps-not-so-distant future. It's a better summary and more objective coverage of options than I've seen recently.

If you're a practical person who's already well-versed in most of the "basics" of Parkinson's, you are likely to find a good bit of new material and perhaps even several "a-ha" moments in this short (+/- 100 pages) book. It's well-written, well-organized, contains current information and is a quick read. The downside is that if your idea of "ten secrets to a happier life" involves a lottery ticket, a gorgeous massage therapist and a warm puppy, you might need to look for another book.

Reviewed by Shannon Thuren

Book Review #2

Parkinson's Treatment
10 Secrets to a Happier Life
Author: Michael S. Okun, M.D.
114 Pages

Overall, the book was an easy read and very informative. Only in a few spots did I find the narrative overly cumbersome due to medical jargon. The chapters are organized around the Ten Secrets to a Happier Life.

Secret #1: Know the signs.

You must feel comfort in the diagnosis of PD. It is a beginning not an end. Most families fear the worst thinking that the loved one has ALS, stroke/brain tumor, or Parkinson's.. You must know the symptoms and non-symptoms of PD. The author does a good job differentiating the symptoms.

Secret #2: Timing is Important in life but timing is Critical in Parkinson's disease

Good discussion of medication timing. After 5 years most patients will develop medication related on-off fluctuations.

Secret #3: Ask your doctor if Making Your Brain Electric will Help Your Parkinson's Disease

All encompassing discussion of DBS. DBS is reversible. DBS stimulates neurogenesis. They can now grow neural brain cells off of the discarded DBS leads. Even after DBS the patient's dream to

live pill free remains mostly a dream. They're now looking at the DBS lead as a catheter that can inject therapies, stem cells, and growth factors. This may slow down the disease.

Secret #4 Be Aggressive in treating depression and Anxiety

Good discussion of depression symptoms. DBS and new technologies treat depression. Discussion of anxiety and panic attack symptoms.

Secret #5 Sleep Away Your Problems

Sleep problems you should talk to your doctor about.

Secret #6: Addiction-like Symptoms Can Emerge In Parkinson's Disease.

Discussion of agonists and adverse behaviors

Secret #7: Exercise Improves Brain Function

Exercise seems to improve motor and non-motor functions

Secret #8 Prepared for Hospitalization

Staff training regarding medications and medication management is lacking. Staff may not know what drugs to avoid when treating a PD patient

Secret #9: Always ask About New Therapies

Lots of technical terms in the Genetic Approach section. Genes load the gun and the environment pulls the trigger. Stem cell approach.

Secret #10 Kindle Hope Into Happiness

Important tips to rekindle hope.

Author's e-mail: michaelokunmd@gmail.com

Book's website: parkinsonsecrets.com:

Reviewed by Greg Lloyd

Please register below to have the *First Coast Parkinson's Disease Newsletter* e-mailed to you (or if you already receive this newsletter and have suggestions or would like to help with its creation), please send to wjw1940@bellsouth.net.

Name:

Email address: Age:

Indicate: Parkinson's patient, care partner, family member, health professional or interested party

Suggestions:

Interested in helping with newsletter: